

IDH2930 Section 1G01
Honors Uncommon Read: *Wasted* by Marya Hornbacher
Fall 2017

Instructor

Laura Acosta, MS, RDN, CSSD, LD/N
Office: 2049 McCarty Hall D
Phone: 352-273-3472
Email: ljacosta@ufl.edu
Office Hours: Thursdays 2:00-3:30pm, or by appointment

Course Location & Meeting Time

Fridays 11:45am-12:35pm (Little Hall, Room 117)

Course Description

This course centers around the book *Wasted*, by Marya Hornbacher. First published in 1998, it is an autobiography and memoir of the author's intense struggles with, and eventually triumph over, an eating disorder. The course will be primarily discussion-based, challenging students to critically assess aspects of society, mass media, and pop culture that glorify a "thin ideal", while also exploring the physical and psychological ramifications of eating disorders from scientific and medical standpoints.

Prerequisite: Must be enrolled in the UF Honors Program.

1 Credit

Required Materials

- Hornbacher M. (1998) *Wasted: A Memoir of Anorexia and Bulimia*. HarperPerennial: New York, NY. ISBN: 0060930934
- **OR**
- Hornbacher M. (2014). *Wasted Updated Edition: A Memoir of Anorexia and Bulimia (P.S.)*. HarperPerennial: New York, NY. ISBN-10: 0062327038, ISBN-13: 978-0062327031
- Access to e-Learning (Canvas). Refer to <http://lss.at.ufl.edu>
- Access to mobile technology such as a smart phone or tablet

Course Objectives

Upon completion of this course, students should be able to:

1. Define, compare, and contrast different types of eating disorders.
2. Describe clinical manifestations and consequences of eating disorders, and summarize recommendations from the current biomedical literature regarding treatment approaches. Compare and contrast these with what is depicted in the book.
3. Think critically about how events from one's formative years can have lasting implications for adulthood, and how modern media define artificial standards of beauty and attractiveness.
4. Describe current initiatives aimed at challenging society's perception of weight loss and health.
5. Analyze varying public perceptions of the book, particularly scrutiny from critics who claim that it functions more as "how to" guidebook than a deterrent for individuals suffering from eating disorders.
6. Identify several local and national resources for people struggling with eating disorders.

Student Evaluation

This course has 200 possible points. Evaluation is based on the following performance indicators:

Attendance and class participation	100
Homework assignments (7 @ 10 points each)	70
<u>Final project</u>	<u>30</u>
Total	200

Attendance Policy: As this is a heavily discussion-based course, attendance is required. A **10 point penalty** will be assessed for each class that is missed without prior approval from the instructor. If an illness or emergency does arise, such that a student is unable to attend class, please call or email Mrs. Acosta **prior to class** and provide appropriate documentation (hospital discharge papers, police report, dated obituary, etc.).

Grades are non-negotiable and will be assigned according to the following scale.

186-200	93-100%	A	134-139	67-69.9%	D+
180-185	90-92.9%	A-	126-133	63-66.9%	D
174-179	87-89.9%	B+	120-125	60-62.9%	D-
166-173	83-86.9%	B	<120	<60%	E
160-165	80-82.9%	B-			
154-159	77-79.9%	C+			
146-153	73-76.9%	C			
140-145	70-72.9%	C-			

Grades and Grade Points

For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Absences and Make-Up Work

Requirements for class attendance and make-up exams, assignments and other work are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

Academic Honesty

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: *"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity."* You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: *"On my honor, I have neither given nor received unauthorized aid in doing this assignment."*

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the

University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <http://www.dso.ufl.edu/SCCR/honorcodes/honorcode.php>.

Software Use

All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Campus Helping Resources

Students experiencing crises or personal problems that interfere with their general wellbeing are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

Service	Location	Phone/Email	Web site	Services provided
University Counseling and Wellness Center	3190 Radio Road	352-392-1575	www.counseling.ufl.edu/cwc/	<ul style="list-style-type: none"> • Counseling Services • Groups and Workshops • Outreach and Consultation • Self-Help Library • Wellness Coaching
U Matter We Care		umatter@ufl.edu	www.umatter.ufl.edu	Support for students in distress
Career Resource Center	First Floor J. Wayne Reitz Union	352-392-1601	www.crc.ufl.edu	Career development assistance and counseling

Services for Students with Disabilities

The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Contact information: 0001 Reid Hall, 392-8565, www.dso.ufl.edu/drc/.

Online Course Evaluation Process

Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be

notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Reading and Writing Center

The Reading and Writing Center is committed to helping University of Florida students become better writers and readers. Individual assistance is provided and students of all levels and disciplines are welcome. <http://at.ufl.edu/rwcenter>. The Center is located in Broward Hall.

Other Information

Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend and participate in class.

	Date	Topic	Readings Due	Assignments Due- Please see Canvas for descriptions and details
Week 1	Friday August 25	Syllabus and Introduction		
Week 2	Friday September 1	Eating disorders: definitions, diagnostic criteria, and predisposing factors	Chapter 1	Eating Disorders Online Scavenger Hunt
Week 3	Friday September 8	Medical, social, and familial implications of eating disorders	Chapter 2	Letters to Marya
Week 4	Friday September 15	Life with anorexia / bulimia: the patient experience	Chapter 3	Marya's Journal
Week 5	Friday September 22	The hospitalization experience – helpful or harmful?	Chapter 4 + Supplementary Readings on Canvas	Debate Standpoint Summary
Week 6	Friday September 29	Deceptive practices in eating disorders	Chapter 5	
Week 7	Friday October 6	No Class – Homecoming Holiday		
Week 8	Friday October 13	Multifactorial nature of eating disorders Defining identify with an eating disorder	Chapters 6-7	Exploring Your Identity
Week 9	Friday October 20	Retail Scavenger Hunt (No formal class meeting this week)		
Week 10	Friday October 27	Tenacious and lingering nature of eating disorders	Chapter 8 and Afterword	Reflection and Reaction Summary
Week 11	Friday November 3	Public perceptions of <i>Wasted</i>	Online Book Reviews	Amazon Review
Week 12	Friday November 10	No Class – Veteran's Day Holiday		
Week 13	Friday November 17	Eating disorders prevention and recovery, including Marya's life after <i>Wasted</i>	HAES materials and ED support websites; Marya Hornbacher's website	
Week 14	Friday November 24	No Class – Thanksgiving Holiday		
Week 15	Friday December 1	Final Presentations		Final Project